

## Developmental Teaching / Developmental Therapy Summary

One treatment approach that is used for many of the youth at CSTC is the DT/DT model. This is an approach that differs from others by looking at a child in terms of progress in developmental domains instead of strictly from a chronological perspective. DT/DT uses a 5 stage model based on traditional child development theories (Piaget, Erikson, etc.). The overall goal is to establish a child's developmental abilities in contrast with emerging skills, then the interventions (teaching or therapy) can be targeted at the optimal level to facilitate success. The DT/DT program identifies basic conditions needed for growth in at-risk children, which includes (1) the comfort of a predictable routine, (2) a safe and healthy environment, (3) abundant success when trying hard, (4) supportive relationships with adults who provide validation, (5) fulfilling time with peers, (6) being allowed to be a contributing group member, and (7) time to explore ideas and experiences. On the cottages this translates into (1) a structured program, (2) safe physical surroundings, (3) praise and reinforcement for effort, (4) verbal support and helping children feel better about themselves, (5) supervised and safe peer interactions, (6) opportunities to practice skills, including in groups, and (7) patient and knowledgeable staff persons.

One way that the child/adolescent's stage is identified is through the Developmental Teaching Objectives Rating Form – Revised (DTORF-R). This tool, administered at regular intervals, provides a measure of progress and a developmental rating which facilitates treatment interventions and milieu structure. The contrast between scores on the Socialization, Behavior, and Communication domains over time and in juxtaposition with chronological age can be very enlightening. The primary resource text for this model is listed below. Please do not hesitate to ask the Program Director of your child's cottage for more information about this approach and the accompanying materials.

### Reference:

*Teaching Responsible Behavior* (2007) by M. M. Wood, C. Quirk, and F. Swindle. Pro-Ed Publisher